

May 2010

If You're Going Through Hell

(Before the Devil Even Knows)

Int
116 BPM

Music: Rodney Atkins (Album: If You're Going Through Hell)
Choreo: Missy Shinoski, USA
Adapted by: Daphne Dahl, Freudenthalstr. 9, 30419 Hannover, daphne@hearties.de

Sequence: **A B C* B C A C Br A + Step**

wait 8 beats

Part A:

MJ DS DS(xib) R H(w/ots) SLR S(ib) RS DS DS RS
L R L R L L RL R L RL
&1 &2 & 3 & 4 &5 &6 &7 &8

Football DS KK UP/H RS KK UP/H RS DS RS KK UP/H
R R L L R LR L L R LR L RL R R L
&1 & 2 &3 & 4 &5 &6 &7 & 8

Repeat all above (opposite footwork).

Part B:

Fancy Run DS DS(xif) BA(ots) BA(xib) BA(ots) S DS BR UP/H DS RS
& Rocking Chair L R L R L R L R L R R L R LR

Popcorn DS DS BA H(if) RS BA/H UP/SL DS DS RS
L R L R RL R L L R L R LR
&1 &2 & 3 &4 & 5 &6 &7 &8

Triple Kick DS DS DS KK UP/H **move forward**
L R L R R L

Rock Heel Turn R H(w) (**turn 1/2 L**) S DS RS
R L R L RL
& 1 2 &3 &4

Dirty Pump DS(xif) SLR(fwd) UP/H KK UP/H RS
R L L R L L R LR
&1 & 2 & 3 &4

Fancy Double DS DS RS RS
L R LR LR

Repeat all above as written, but instead of the Fancy Double dance:

Quick Rock Slur R H(w/ots) SLR S(ib) DS RS
& Basic L R L L R LR
& 1 & 2 &3 &4

Part C:

Ida Red DT(b) H BR UP/SL DS(xif) BA/H UP/SL DS RS DS KK UP/SL
L R L L R L R L L R L RL R L L R
& 1 & 2 &3 & 4 &5 &6 &7 & 8

3-2-1 DS(ots) DS(xif) DS(ots) DT UP/H DT UP/H DS RS KK UP/H
L R L R R L R R L R LR L L R
&1 &2 &3 & 4 & 5 &6 &7 & 8

Dbl. Out Bounce DS DT BO(ots) BO(xif)/BO(xib) BA/H SL/UP
L R both L R R L R L
&1 & 2 3 & 4

2 Basic DS RS
L & R L RL

2 Push Turn DS RS RS RS **turn full L on 1st, turn 1/2 R on 2nd**
L & R L RL RL RL

Repeat all above as written to face front again.

Part C*: Dance Part C, but turn each Push Turn full around & do not repeat.

Bridge: Dance only Double Out Bounce & 2 Basics.